



Hello, all. Neste episódio, eu falo sobre dois idioms do inglês super comuns com o verbo count. Um deles é o que se usa pra dizer a uma pessoa que ela deveria ser grata.

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Transcrição

Hello, all. This is the new episode of the Inglesonline podcast. Please subscribe to this podcast using the Podcasts app for iPhone or iPad, or listen to the episodes using the [Inglesonline Android app](#). Thanks for all the comments at the iTunes store and if you haven't yet left a comment for this podcast please do so: the more comments for the Inglesonline podcast, the more people will find out about it and listen to the episodes. Thanks for telling your friends, your neighbours, your family and keep listening.



So let's get started. I was thinking about our first idiom of today, which is related to gratitude and being grateful, and... Well, some people say that it is actually really important to be grateful or express gratitude. They say that being grateful will impact your life positively - it will not only make you feel good but it will also attract good things. Do you share that opinion? If you don't, why not?

Also, feeling grateful does feel good, doesn't it? It's a nice feeling. So when someone tells you to count your blessings, they're telling you that you should think about the good things in your life. When someone says that they're usually trying to make you see the positive things in your life. What is a blessing? Basically, a blessing is something good that happens to you or someone else. Christians, for example, usually pray that God will bless them. However, it happens to all of us every once in a while: things don't go our way and we get angry, upset, depressed... That's when someone might say "Count your blessings." Think of all the good you've had so far, remember all the good in your life. I did a search for "count your blessings" on Twitter and found these examples:

- Count your blessings, not your problems
- Life is too short to argue and fight with the past. Count your blessings and move on with your head held high.
- How you spend your day is your own choice. You can either count your blessing or count your troubles.

So what do you think? It is always nice to say "Oh I think it is really important to count our blessings" but do you actually remember to do it in your daily life?

Now here's an idiom that is very similar to what we say in Portuguese, and for that very reason, many people probably don't say it the right way. I'm talking about "lose count of something." We do not say "Lose THE count." Rather, we say "lose count of something." That means you can't remember how many times something happened, or happens. So here are a few very simple examples from my life: I like the sitcom Friends so much that I have lost count of how many times I watched each episode. It's true. I have definitely lost count. I've lost count of the podcasts I've made. Does anyone care to count? It's in the hundreds, that much I know. I lost count of all the times I started a gym membership in Brazil.

Someone posted on Twitter that they have lost count of how many cups of coffee they've had today. Someone else posted she lost count of how many times she's cried today!

Please give me your own examples in a comment. Can you think of anything that's happened in your life so many times, you just lost count? Talk to you next time!



Key terms

- count your blessings
- lose count

Glossário

rather = aqui no texto, o sentido é "ao invés disso"

Does anyone care to count? = alguém quer contar?

that much I know = isso eu sei